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Year 2000
Food & Nutrition Summer
Institute
"Taking Action for Healthy
Communities"



July 18-21, 2000
Marriott Hotel, Greenbelt,
MD

The Food and Nutrition Summer Institute

NEWSLETTER

Summer Institute Year 2000

Mark your calendars, the Food and Nutrition Summer Institute, *Taking Action for Healthy Communities*, will be held at the Marriott Hotel in **Greenbelt, Maryland, July 18 - 21, 2000**. To accommodate the exciting program we've planned, a fourth day has been added to the Summer Institute. First, we've invited Surgeon General David Satcher to be the keynote speaker. Six university speakers will be presenting results from projects funded by last year's Summer Institute. Next, the nutrition policy component has been expanded from a half day to a full day. We'll have a session on Capitol Hill in the morning and schedule time for participants to meet with their Congressional representatives. Following lunch at a local community site, we'll meet with a panel of agency representatives to discuss their programs and funding opportunities. The third and fourth days will be spent at the Beltsville Human Nutrition Research Center where participants will work on mini-projects. This year's mini-projects are titled **"Exploring Careers in Food and Nutrition," "It Takes Compassion, Fire & Desire to Get Funding,"** and **"Developing a Social Marketing Campaign: Taking the Message to the Com-**

munity." Last, but not least, all your evenings will be on your own, except for the closing banquet on Friday evening.

Our big push this year is to have more students and community representatives participate in the Summer Institute. A major Summer Institute goal is to identify strategies which promote nutrition and increase the prevalence of healthy weight and physical activity within the African American community. To accomplish that goal we must have diverse group participation. **Universities and community-based organizations are strongly encouraged to form teams of people to attend the Summer Institute.** A team could include a faculty member, a student member and a community person (i. e., church member, non-profit, Extension or other program representative). Limited funds for travel assistance will be available for these teams to participate in the Summer Institute.

Applications are enclosed with some newsletters. Additional applications may be requested by contacting Ellen Harris at [<eharris@rbhnrc.usda.gov>](mailto:eharris@rbhnrc.usda.gov) or 301-504-0610.

On the Road Spotlight . . . Texas

Organizations all over the country are providing services to the community. Many of them also offer programs which involve food and nutrition. While these organizations may be small and not nationally known, they make big contributions to their respective communities. At various times, we may have the opportunity to place a spotlight on these organizations and nearby Historically Black Colleges and Universities (HBCUs) with nutrition programs. For the organizations, we want to recognize all their hard work. For the HBCUs, we want to recognize their role in educating future nutrition professionals. Moreover, we want to emphasize that community-based organizations and HBCUs can work together to make nutrition a quality of life

issue in the African American community. Our first *On the Road Spotlight* features Shape Community Center and Prairie View A&M University.

Shape Community Center, Inc.

Located in the third ward area of Houston, Texas, this community-based organization headed by Deloyd Parker has been in existence for more than 25 years and offers a number of programs for children, youth, families and the elderly.

"...If my cup won't hold but a pint and yours holds a quart, wouldn't you be mean not to let me have my little half-measure full?"



Awards & Honors

Three outstanding African American women were recognized by the American Dietetic Association (ADA) at the October 1999 annual meeting.

Lillie R. Williams, PhD, RD received a Medallion Award in recognition of over 30 years work as a clinical dietitian, researcher, consultant, professor, acting associate dean, and dietetic program director at Howard University.

Bernestine B. McGee, PhD, RD received a Medallion Award in recognition of her dedication to the profession and her inspiration and leadership as an educator, administrator, research and mentor to students and dietitians at Southern University and A&M College.

Shirley Robinson Watkins, MA received a Honorary Membership to ADA in recognition of her Presidential appointment and role as Under Secretary for Food, Nutrition and Consumer Services of the U.S. Department of Agriculture; overseeing a budget of over \$40 billion for USDA's nutrition assistance

Food, Facts, & Fun

Food . . . You can find all kinds of recipes in cookbooks. The "FAMU Favorites" cookbook compiled by Carriemae G. Marquess, RD, PhD, Florida A&M University, has some really special recipes submitted by alumnae. We hope you enjoy a slice of the following recipe throughout the year.

Happiness Cake

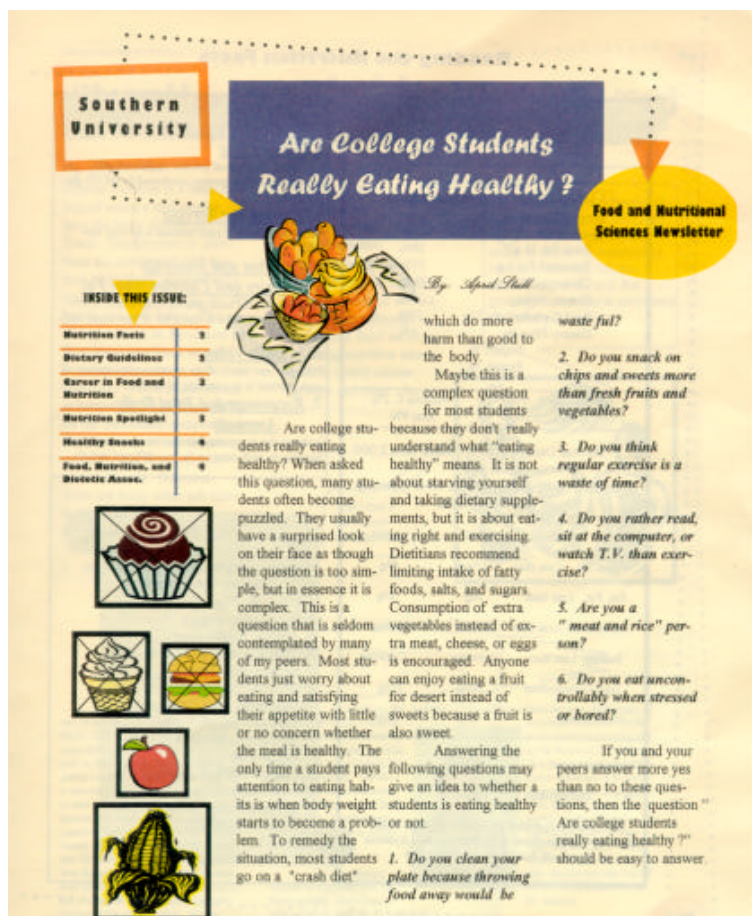
(Fannie Cousins, West Palm Beach, FL)

1 cup of good thoughts
1 cup of kind deeds
3 cups of forgiveness
2 cups of well-beaten faults
1 cup of consideration for others
Add tears of joy, sorrow and sympathy for

others. Flavor with little gifts of love and kindly service. Fold in four cups of prayer and faith to lighten all other ingredients, and raise the texture to great height and character and Christian living.

After pouring all this into daily life, bake well with the health of human kindness. Serve anytime, anywhere, and it will satisfy the hunger of starved souls.

Facts & Fun . . . One of the outcomes of the 1999 Summer Institute was the creation of this newsletter. Students, who took part, received software to take back to their schools and were asked to work with their faculty advisors to create their own communication tool. We're very proud to say that **April Stull** at Southern University and advised by Dr. Bernestine McGee followed through on her commitment. Just the front of the newsletter is shown here, but April along with fellow students, **Bridget Batische, Coty Mitchell, Sheneda Jackson,** and **Karnesha Washington,** did a great job on the entire newsletter!!!



(Continued on pg. 3)

On the Road Spotlight . . . Texas (cont.)

The following is a brief summary of some of Shape's programs:

Fruit & Vegetable Cooperative. A community endeavor that brings families together in a cooperative effort to pool their resources in order to increase their purchasing power of fruits and vegetables. The Co-op operates every other Saturday morning beginning with the trip to the Farmers' Market and then to the collective work of families in bagging and distributing the fruits and vegetables.

Wholistic Health Day & Conference. Workshops focusing on nutritional information designed to help families and individuals to become more aware of developing a more health-conscious way of life. One of the more popular workshops is the "hands-on" food preparation sessions. Wholistic Health Day takes place the first Saturday of each month, with an annual conference scheduled in March.

Unity Run & Walk. A collaborative effort of families, individuals, businesses, organizations, as well as the "serious" runner to participate in a sanctioned 6.2 mile run and a 22.5 mile walk. This event serves to raise funds for the continuation of the Center's programs and takes place in November.



Nina Hall "Jack of all trades" at Shape

After School Enrichment Program (ASEP). Provides life skills, cultural, recreational and academic enrichment activities for school-age children (5-15) Mondays through Thursdays, September through May. Nutritious snacks are provided daily. Community service projects, field trips and outings are offered every Friday.

Summer Enrichment Program (SEP). An 8-week full day program for school-age children offering classes and activities in cultural arts, computer literacy, sports and recreation, foreign languages, academic challenges, games, and field trips. Program culminates with a weekend camping trip for participants and their families. SEP operates annually June through August.

Parents' Support Group Program. Parents and other concerned adults participate in parenting training workshops, field trips, family projects, special presentations and community events. This program is offered in conjunction with ASEP and SEP. In order for children to participate in ASEP and SEP, parents must commit to participate in the Parents' Rites of Passage Program. Parenting training sessions are held on Wednesday evenings.

Prairie View A&M University

The **Human Nutrition and Food Program** is located in the Department of Human Sciences at Prairie View A&M University, which is about 50 miles outside of Houston, Texas. Students learn the principles of normal and therapeutic nutrition and food systems management. They gain an understanding of the interrelationship among food intake, nutritional status, and nutrient requirements through all stages of the life cycle. Students gain practical knowledge of food service operations, nutritional methodology and data management, and menu planning for normal and therapeutic diets. The Nutrition Program meets the Standards of Education of the American Dietetic Association (ADA) for a didactic program in dietetics. Successful completion entitles the graduate to apply for a dietetic internship or an Approved Preprofessional Practice program leading to status as a Registered Dietitian. Program majors also may pursue an option in Food Science.

An exciting addition to the nutrition program at Prairie View is the **Dietetic Internship Program**, which is a post-baccalaureate program approved by the ADA. The Internship Program prepares dietetics professionals to be experts on food and nutrition and to promote optimal health and nutritional status among the public. During the internship, dietetic interns are placed in various work sites in the Houston metro-area such as Spring Branch Medical Center, Texas Department of Health, Houston Department of Health & Human Services, Tomball Regional Hospital, Sodexo Marriott, Katy Independent School District, Alief Independent School District, Seven Acres Jewish Geriatric Center, and Houston Northwest Medical Center.

Another unique program on the campus is the Texas Department of Health **Prairie View WIC Clinic**. The Supplemental Food Program for Women, Infants and Children, popularly known as WIC, provides nutrition information, food, and health referrals to program participants. The Prairie View WIC Clinic is located in the student health building and provides services to residents of Waller County, Texas. Clinic hours are Monday, Tuesday and Friday and every first and third Wednesday of the month. The campus location is not only convenient for

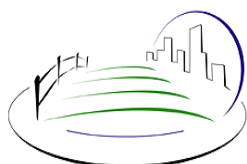


WANT TO KNOW A HERO!!!

For the Winter newsletter, Sarah C. Williamson, North Carolina A&T State University, Human Environment and Family Sciences Department would like to recognize Ms. Carolyn Crawford as an Unsung Hero. Ms. Crawford was a pioneer in establishing the Department of Home Economics (presently known as HEFS) in September, 1933. Ms. Crawford was born in Dadeville, Alabama in Tallapoosa County. She received her Bachelor of Arts degree and Master's degree from Columbia University. During the first two years she developed the curriculum, taught the courses, and recruited new students. During the third year Miss Viola Chapman was hired to assist with teaching.

The development of a program in home economics was not an easy task. There was a shortage of funds for supplies and needed materials. Ms. Crawford donated funds to assist in purchasing needed supplies. During this time the students were unsatisfied with the food service in the dining hall. President Bluford asked Ms. Crawford to take over as the dietitian. She installed a cafeteria system of serving and remained as dietitian for ten years. In the early forties, Ms. Crawford returned to the Department of Home Economics (HEFS). She taught Foods and Nutrition, General Home Economics, Clothing, Home Nursing, Child Development, and Home Economics Education. In 1945-46 she returned to Columbia University for further study.

Ms. Crawford believed her greatest accomplishments were in the area of teaching. Ms. Crawford was an important person in the development of the college. She carried out her work for thirty years without fanfare, but with diligence, love and concern to help make NC A&T a better place for future generations. After retiring she devoted her time to her church, until her



THE Food & Nutrition
SUMMER INSTITUTE

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